

# Des Moines Normandy Park Activity Center



## 2016

Winter Into Spring

# It's Your Year To Feel Fit!



[www.ci.normandy-park.wa.us](http://www.ci.normandy-park.wa.us)

[www.desmoineswa.gov](http://www.desmoineswa.gov)

## Welcome to Des Moines Activity Center



### Staff

**Patrice Thorell**, Parks, Recreation & Senior Services Director  
**Sue Padden**, Senior Services Manager  
**Charisse Gregory**, Office Manager  
**TBA**, Recreation Specialist  
**Karna Coyle**, CCS Nutrition Coordinator -M-W  
**Aida Martinez**, CCS Nutrition Latino Coordinator-TH  
**Eduardo de La Cruz**, Sea Mar Program

### 2016 Des Moines City Council

Luisa Bangs                      Robbie Back  
 Dave Kaplan                    Jeremy Nutting  
 Melissa Musser                Victor Pennington  
 Matt Pina

**City Manager:** Tony Piasecki

### 2016 Normandy Park City Council

Mike Bishoff                    Jonathon Chicquette  
 Tom Munslow                  Michelle Sipes Marvin  
 Doug Osterman                Kathleen Waters  
 John L. Rankin

**City Manager:** Mark Hoppen



### 2016 Senior Advisory Committee

L-R

TBD, Des Moines City Council liaison  
 Jeanne Serrill  
 Dr. Barbara Reid  
 Sheila Dahlgren  
 Jill Martin  
 John McEvoy  
 Dorothy Smith,, insert to right

Call Sue Padden, 206-878-1642, for information on the committee and when it meets.



### Des Moines Activity Center

**Business Hours:** Monday-Friday 9am-4pm  
**Street:** 2045 S 216th, Des Moines 206.878.1642  
**Mail Address:** PO Box 98576 www.desmoineswa.gov/seniors  
 Des Moines, WA 98198

**Meeting & Facility Rentals:** Events & Facilities Coordinator: 206-870-9370

<b>Holiday Closures:</b>	Friday, January 1, 2016	New Year's Day
	Monday, January 18	Martin Luther King Day
	Monday, February 15	President's Day

### Registration Policies:

Pre-registration is required for all programs unless otherwise stated.  
 Registration is taken on a first paid basis.  
 Returned check fee: \$40 (plus 50% surcharge if collection action needed).

### Refund Policy:

When DMPR/SS cancels a program a full refund or credit will be issued.  
 Refunds, less a \$10 administrative fee, will be granted when requested a minimum of **5 business days prior** to the program/course's start date. The administrative fee will be waived if you opt for a credit to be used for another course/program.

No refunds will be issued for the following:

- Programs costing \$10 or less, Special Events,
- Programs with admission fees purchased in advance.

Medical illness or other extenuating circumstances will be handled on a case-by-case basis. Documentation of the circumstance may be required.

**Inclement Weather: Refer to the Highline School District Information.**

**School Closed: All programs are cancelled.**

**School Open/1-hour Late Arrival:**

Senior programs prior to 10:00am are cancelled.

Senior programs held after 10:00am - call 206-878-1642 for updates.

**School Open/2-hour Late Arrival:**

All programs held prior to 11:00am are cancelled.

Senior programs held after 11:00am - call 206-878-1642 for updates.

**The Health & Wellness Connections** is a free publication featuring regular services including the Nutritional lunch program, Blood Pressure Checks, the Medical Lending Closet, Footcare Service, Legally Speaking, SHIBA Consultation, Transportation Options and community resources for older adults. The publication is available at Des Moines Activity Center .

### Photo Reminder:

Photographs are frequently taken during our programs and events and used for the City of Des Moines use in marketing and may be used in newsletters, brochures, flyers or online public relations.

**Disclaimer:** This newsletter is for informational purposes only. The City of Des Moines does not endorse any products, programs or services that are presented. Every individual is responsible for making informed decisions



## Meditation and Relaxation

Start your day with light stretches followed by breathing exercises to improve mental clarity. Learn relaxation and meditation to release stress, anger and resentment. As one participant commented, "my blood pressure has not been this low in years!" Dress: comfortable, loose clothing according to your need and the weather. Instructor: Sharda Vekaria

Adults \$1 drop in

M	Jan 11- March 28	8:45-9:45am	DMAC
M	April 4- May 19	8:45-9:45am	DMAC

## Get Up (Off the Floor) Workshop

HELP! I've fallen and I can't get up! We will explore fall risks and hazards to avoid to keep you vertical. Reduce your risk of falling. This class will assist you in maintaining your confidence and independence as it relates to fall prevention. We will also take you through the necessary exercises to get up off the floor and explore various methods for getting up. By the end of the classes, you will understand what exercises you can do at home to help your strength to get up easier. Instructor: Kenneth Ray, Judson Park Retirement Community.

Adults 50+ \$5

Tu	Jan 19-Feb 9	2-3pm	DMAC
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## Senior Services is Changing Its Name

Beginning January 1, 2016, Senior Services will begin using its new name: Sound Generations. They want to reach out to people who may benefit from their services but who might never consider themselves to be "seniors." And they want to underscore their commitment to aging as an affirmative process that spans a lifetime, engages all generations and that should be celebrated every day.

## Medical Lending Self Serve Closet Making a Difference

Are you slated for surgery and need Medical Equipment such as a bath bench, walker or commode during rehab?

Check out our *self-service* Medical Lending Closet!

You just might find what you need.

- ♦ Suggested donation requested.
- ♦ Equipment is available for short-term use.
- ♦ Available on a first-come basis.
- ♦ Items are clean when checked out.
- ♦ Items must be returned clean.



*Medical Lending Closet  
Des Moines Activity Center  
Monday-Friday 9:00am - 3:30pm*

We accept clean equipment donations such as transport wheelchairs, shower & transfer benches and commodes.



## Enhance Fitness

Features fun, dynamic cardio vascular exercise, strength training and a focus on balance and stretching. Gym-type shoes required and water bottle suggested. Expect regular fitness checks.

Co-sponsored by Group Health & Sound Generations.

Instructor: Yu San Gartz, EF certified *Field House*  
Tues/Thur/Friday *8am or 9:15am*

January	5-29	\$37
February	2-26	\$37
March	1-31	\$43
April	1-29	\$40

## Energy Yoga

With Vinyasa flow sequences, Energy Yoga releases tension to elevate energy levels as well as specific sequences addressing lower back issues opening hip joints, and increasing balance. Breath and dynamic meditations enhance mind-body integration. Bring a yoga mat and water bottle.

Instructor: Rhonda Allison.

Adults \$39

M	Jan 11-Feb 29	1-2pm	Normandy Park Comm Ctr
	No class 1/18 and 2/15		
M	Mar 7 - April 11	1-2pm	Normandy Park Comm Ctr
M	April 18 - May 23	1-2pm	Normandy Park Comm Ctr



## Senior Drop-in Open Gym

Normandy Park Recreation Center  
801 SW 174th Normandy Park, WA  
206-248-7603

Basketball	Thursdays	12-2pm	FREE
Pickleball (advanced)	M/W/F	8-10am	FREE

**LIFE—Continuing Education Classes**

Offered through Wesley Homes in cooperation with Highline Community College and Des Moines Activity Center.

Registration: Contact Lisa Meinecke, 206-870-8555 or email lmeinecke@wesleyhomes.org

Classes are located at Wesley Terrace. The listing of Winter Courses was not available as of press time, Please look for LIFE Winter Course fliers at the senior activity center or go to the Wesley Homes web page: [www.wesleyhomes.org](http://www.wesleyhomes.org).



***Imagine Your Ad Here!***

*Reach over 1200 Seniors  
by filling this space with your AD!  
Call 206-878-1642 to learn more!*



The Des Moines Legacy Foundation deeply appreciates the legacy gifts from  
Mr. John Eastman & Ms. Jean Gallaway

**Scholarships Brings Joy!**

**Need funding assistance to attend our programs?**  
Des Moines Legacy Foundation Scholarships provide funding assistance for eligible Des Moines and Normandy Park Senior Adult residents to attend many programs and services offered through Des Moines Activity Center.

Call 206-878-1642 to learn more.

**Des Moines Library ebook Classes FREE**

Come discover how to access thousands of FREE eBooks and learn how to use our many eBook services. Bringing your own device is encouraged, along with your library card. Please call to register. All eBook classes are 10-11:15am at the Activity Center.

**eBook & Public Catalog Demonstration**

W Jan 6

**eBook & Find Your Next Great Book Demonstration**

W Feb 3

**eBook & Consumer Resources Demonstration**

W March 2

**eBook & Find Your Next Great Book Demonstration**

W April 6



**MOBILE COMPUTER CLASSROOM & DES  
MOINES  
LIBRARY WORKSHOPS**

King County Library System's mobile computer classroom returns to Des Moines Activity Center with a variety of workshops! Register now, space is limited!

Adults 50+

FREE

**PC Basics**

Up your skills and understanding so you and the mouse can arrange windows, browse the Internet and library catalog, select items and text with ease and proficiency.

Tu Feb 9

10-11:15am

DMAC

**Social Media**

Today's technology Facebook, Skype and the FaceTime reflects the best of Dick Tracy's wristwatch. Discover how you can keep up to speed with grandchildren and other relatives that live too far away for visiting.

Tu March 15

10-11:15am

DMAC

**Email**

Learn basic email vocabulary, create a free account and start the process of composing and sending messages.



### Dance for Parkinson's

*Enhance your life through dance!*  
Stretch and strengthen your muscles, focus on balance and rhythm through many styles of dance and discover how to use your thought, imagination, eyes,

ears and touch to control movement. Funding support from Des Moines Legacy Foundation.

**Adults w/movement issues**

Monday, Feb. 1-March 28

**\$5 Suggested Donation**

2-3:30pm

### Block Printing

**NEW!!**

Class will cover the printing process from designing and carving with linoleum tools, to printing successfully, and embellishing your prints with watercolors. Never buy another Hallmark card again, once you see how fun it is to create your own designs that can be printed on card stock. Instructor will have durable printing supplies for class. Students will need to supply paper and blocks to carve. Supply lists at registration or purchase from the instructor for \$17 at the first class. Instructor: Susan Waite  
Adults \$75 M Jan 25-March 7 DMAC  
No class 2/15



## Sunday Dances

4th Sunday 1-3pm

\$5 Admission

February 28

March 27

April 24 & May 22



Live dance music with  
Randy Litch

**Hot Beverages Donated by**  
Stafford Healthcare



### Creative Writing

Interested in capturing your family's history? Do you have a story to tell? Take advantage of Pat's writing experience and get started!

Instructor: Pat Doheny

Thursday, Feb 4-March 24 \$47

Thursday, April 14-May 19 \$35

10am-12pm Wesley Gardens



### Memoir Writing

Learn to write the story of your life—join others as you share your life experiences in a supportive environment.

And share the story of how you came to be who you are and where you are today! Instructor: Pat Doheny

Thursday, Feb 4- March 24 2-4pm Wesley Gardens \$47

Thursday, April 14- May 19 2-4pm Wesley Gardens \$37

### Winter into Spring Poetry

'Tis the season for wintery observations, joyful memories!

Try your hand at creating poetry that capture the essence of this season!! Instructor: Pat Doheny. \$13

Thursday, Jan 21 & 28 10am-12pm Wesley Gardens

RETIREMENT COMMUNITIES | HOME HEALTH SERVICES



I'm relieved dad is  
so happy!



Watch the full story at [DadIsHappy.com](http://DadIsHappy.com)

Maintenance-free living with a variety of home styles  
and supportive services to meet your needs.

816 S. 216th St. ♦ Des Moines, WA 98198  
206.824.5000 ♦ [desmoines.wesleyhomes.org](http://desmoines.wesleyhomes.org)





**VOLUNTEER OPPORTUNITIES**

- **Day trip drivers** needed for our fun and educational weekly day trips. No CDL license required. Contact Sue for more information
- **Ipad/Cell Phone How To volunteer:** 2 hours a week, helping seniors learn the many features of their Ipad, cell phones, and kindles.




Enjoy our newsletter quarterly from your home email! We email our informative newsletter out to many residents and service providers; **ADD YOUR EMAIL ADDRESS TO OUR LIST!** Give your email address to our front office to receive our newsletter each quarter.

**We Get By With A Little Help From Our Friends...**

Keeping us well stocked:

Office Supplies: Don & Mary Jo Rulfes

Kitchen Supplies: Betty Haines, Ruth Barnhart

Medical Lending Equipment: Beth Hawkins

Mr. Fix It and Build It: Dick Body

Decorations: Judy Wattenberg, Ray Clarke

Snack Counter: Mary McDermott, Kaylene Moon

Monetary Contributions: Joanne Dahl, Lorraine Place, Ellen Fawcett

& to the SKCFire District for the smoke alarms and carbon monoxide detectors plus NW Symphony Orchestra for 10 tickets to their 10/30 concert.

**We Thank All Of You!**

**Center Wish List!**

Coffee-drip grind—Reg & Decaf

Packages of Cocoa      Individually Wrapped Tea Bags

Plastic Forks & Spoons      Small paper plates

Easy Pour Creamer      Kleenex

Hand Lotion (pump)

**Legacy Giving Makes A Difference**

Des Moines Activity Center/City of Des Moines and the Des Moines Legacy Foundation were beneficiaries of generous donations from two active participants—John Eastman, avid duplicate bridge player & Jean Gallaway, nutrition volunteer and horticulture participant. For more information on LEGACY GIVING, please talk to Sue Padden, Spadden@desmoineswa.gov, 206-870-6584.

**16th ANNUAL BAYSIDE BRUNCH**

Des Moines Legacy Foundation's annual Bayside Brunch continues to support programs and services for seniors and youth.

**WE THANK OUR 2015 SPONSORS  
PLEASE REMEMBER THEM FOR YOUR  
PERSONAL NEEDS**

\$2,000- Anthony's Restaurants

\$1,500- Snure Law Office, Des Moines

\$1,000- Marks and Marks, CPA's

\$500- EdwardJones- Doug Myers

Normandy Park Senior Living

Panattoni Development

Stafford Healthcare, Des Moines

Wesley Homes, Des Moines, LLC

\$250- Comfort Keepers

PAC Stainless

Sharpline Financial

State Farm Insurance- Char Schulz

Sue Padden & Noel Morgan

**\$12,000 raised for the senior center and \$15,225 for recreation scholarships for low income youth.**



**THANKS NORMANDY PARK SENIOR LIVING!!  
OUR SPONSOR FOR SPAGHETTI NIGHT 2015  
Raising over \$600 for senior programs & services**



**Mariner's Spring Training March 15-22, 2016**

Hosted by Catalyst Travel

Your exclusive escorted Spring Training Tour includes:

- Roundtrip air from Seattle to Phoenix, 7-nights at the Windmill Inn in Sun City West, AZ, Buffet breakfast provided each morning, 5-game tickets with great seats,
- Transportation between airport, hotel, games & group events, Souvenir baseball cap & *Catalyst 10-Man Fan* shirt Pizza Party at the pool & 25 Anniversary Party, Travel Trip and Cancellation Insurance.

\$1,589.00ppdo \$2,219single \$1,439pptriple \$1,379ppquad

**Don't miss out on great travel opportunities,**hosted by the Washington State Association of Senior Centers and *your* Des Moines Activity Center!

DID YOU KNOW....A portion of the proceeds benefit your own Senior Center

**Albuquerque Balloon Fiesta - September 29-October 4, 2016****Highlights:** Santa Fe, Santa Fe School of Cooking, Turquoise Train, Balloon Fiesta, Old Town Albuquerque, Indian Pueblo Cultural Center, and National Museum of Nuclear Science & History. 6-days, 8 meals, includes airfare from Seattle.

\$2,499/ppdo \$3,099/single

**Tropical Costa Rica - November 5-13, 2016****Highlights:** Explore San Jose, Monteverde, Arenal Volcano, Lake Arenal Cruise, Cano Negro Refuge, Zarcero & the National Theatre. 9-days, 14-meals. Includes airfare.

\$2,599/ppdo \$3,049/single \$2,569/triple

**Aviation History- Russian World War II "Night Witches"**

In 1941 as Nazi Germany invaded the Soviet Union, the Soviets struggled to keep the Axis troops from reaching its capitol, Moscow. The Soviet "Amelia Earhart", Marina Raskova, was tasked to organize a regiment of young female pilots to fight the German invaders, making the Soviet Union the first nation to allow women to fly combat missions. The pilots flew repurposed 1920's biplanes, previously used for crop dusting. Mr. Roger J. Neill, our presenter, will give the fascinating history of these brave young women and why there were known as the "night witches" by the German army. Mr. Neill served in the Canadian Air Force, earning his pilot wings in 1957. He moved his family to Washington state, became a U.S. citizen, and flew for United Air Lines for 27 years. In recognition of his 2,500 volunteer hours as a docent at the Museum of Flight, he received the Barnstormers Award in 2013.

Th

Feb 18

7pm

DMAC

\$2 donation

**Bullitt Center****Seattle**

The greenest commercial office building in the world! Our tour begins in the University of Washington's Center for Integrated Design. No host lunch after the tour in University Village.

Wednesday, Jan 13 9:15am-3pm \$23

**Uncle Woody's Popcorn Tour****Seattle**

Enjoy the smells, flavors & taste of America's favorite movie food-popcorn! No-host lunch-Vince's Italian, Burien.

Wednesday, Jan 20 9:45am-2pm \$10

**Firefighter's Training Academy****North Bend**

Saving lives through prevention and preparedness tour. No -host lunch at North Bend Bar and Grill.

Wednesday, Jan 27 9:15am-3:30pm \$12

**Rhinestone Rosie's Vintage Jewelry****Seattle**

See fantastic heirloom jewelry at this Queen Anne shop. Rosie will appraise some pieces from our group. Enjoy her lecture on vintage jewelry. No-host lunch and shopping at University Village, followed by a visit to Valley of the Roses Vintage & Consignment Store in the U-District.

Wednesday, Feb 10 9:15am-4pm \$10

**Historic Georgetown Steam Plant****Seattle**

This rugged, dirty museum is a tribute to the pioneers of electricity- practically unchanged since 1907. Following a 45-minute tour enjoy a no-host lunch in Georgetown.

Wednesday, Feb 17 10am-2pm \$10

**Pierce College Science Dome****Steilacoom**

Look to the sky! Absorb 30-minutes of a live astronomy show followed by a 30-minute video on *Our Dynamic Earth*. No-host lunch in Steilacoom.

Wednesday, Feb 24 9:30am-2:30pm \$26

**Teatro Zinzani Cabaret Matinee****Seattle**

Savor the 5-course meal while enjoying European Cabaret theatre. Be ready to be drawn on stage as a part of the show! Drinks charged separately.

Sunday, March 6 10:30am-3pm \$89

**Museum of History & Industry****Seattle**

We return to the Museum of History and Industry for all their new and updated exhibits on the rich history of Seattle. Lunch on your own on the lake after our museum visit.

Wednesday, March 9 9:30am-3m \$10

**CenturyLink Field Tour****Seattle**

Get up close and behind the scene - a 1.5-hour tour will entertain and educate football and soccer enthusiasts. No-host lunch at Pyramid Ale.

Wednesday, March 16 9:45am-2pm \$18

**Bastyr University Tour****Kenmore**

A self-guided walking tour through this alternative medicine university that is the largest of seven accredited naturopathic medical schools in North America. No-host lunch in the student café.

Wednesday, March 30 9:15am-2pm \$11

**Trip Information & Policies**

**Trip Fee:** Includes event admission, transportation and escort expenses unless otherwise noted.

**Trip Registration:** Registration is taken on a first paid basis.

**Wait List:** Cancellations are filled *only* from the waiting list!

**The Trip Times reflect the actual departure time and the estimated return time.**

 We advise you check in 15-minutes prior to departure. The bus does not wait for late travelers.

We reserve the right to revise departure times and will notify you a minimum of 24 hours in advance—please make certain we have your correct phone number -one that receives messages.

**Trip Cancellations, Refunds and Credits:**

A full credit/refund will be issued if DMAC cancels a trip.

Requests for refunds or credit must be received **5 business days prior to the trip date.**

Refunds are subject to a \$10 processing fee.

No refunds will be issued for trips costing \$10 or less, or for trips where the admission fee was purchased in advanced.

Please refrain from using fragrant personal-care products, those with sensitivities appreciate your consideration.

**Special Requirements:** Participants needing special assistance must have a companion, willing and able to provide the required help, also sign up for the trip. Wheelchairs are available to take on trips. Hosts and drivers are *not* available to push wheelchairs.

**Parking:** DMAC is not responsible for cars left in our parking lot.



**River Valley Cheese Class****Fall City**

A 2-hour hands-on making your own artisan cheese and enjoying an all you can eat artisan cheese bar. Travelers take home their handmade artisan mozzarella cheese. If still hungry, a stop for a soup or salad at Fall City Bar & Grill.

Wednesday, April 6 9:45am-2pm \$60

**Sea of Green Marijuana Farm Tour****North Seattle**

Your wish is our command! Learn about medicinal marijuana and how it grows. No-host lunch at Chinooks on Fisherman's Terminal afterwards.

Wednesday, April 13 9:45am-2pm \$11

**Saturday Night Fever, Broadway Center****Tacoma**

One of the most beloved dance stories of all-time filled with hit songs from the late 70's. Think John Travolta and Disco Ball!

Sunday, April 17 2-6pm \$70

**Newsies, Paramount Theatre****Seattle**

Direct from Broadway, this new smash hit won Tony Awards for Best Score and Best Choreography. Filled with one hard pounding number after another, this is a night of song and dance you won't want to miss.

Wednesday, April 27 6:30-10pm \$97

**Emerald Downs****Auburn**

And we're OFF to tour the racetrack prior to the 2pm races and our reserved seats. No-host Tram tour and lunch at the race track.

Saturday, April 30 10:15am-5pm \$13

**Earthquake Center Tour****Seattle**

Tour with experts to get the inside scoop on tectonic plates, seismic waves, and earthquakes. After they have rocked your world we will enjoy lunch at Seattle Ivar's Salmon House.

Wednesday, May 4 9:15am-3pm \$15

**Historic Marmount Academy & Chapel Tour****Tacoma**

We tour this historic academy before lunch then view the family collection of LeMay cars nearby,

Wednesday, May 11 9:15am-4pm \$15

**Thursday Night Artwalk****Tacoma**

We visit the many art galleries in downtown Tacoma.

Dinner on your own downtown.

Thursday, May 19 4-9pm \$10

**Babies at Northwest Trek****Eatonville**

A perfect time to see all the babies at NW Trek.

Lunch at the facility or brown bag.

Wednesday, May 25 9:15am-4pm \$30

**Out To Lunch-Fridays**

Transportation Fee: \$10

Enjoy no-host dining at northwest restaurants.

Departures: 10-10:45am

Return: 2:00pm

January 8	Goldberg's Old School Deli, Bellevue
February 5	Arista Italian, Puyallup
March 4	O'Blarney's Irish Pub, Lacey
April 1	Dog Mountain Farm-to-Table, Carnation
May 6	McMenamins Spar Cafe, Olympia

**Golf Outings- Spring 2016**

Enjoy playing 9 holes on Puget Sound courses.

Transportation provided, or meet at the course. Players draw to determine playing partners & tee position

Age 50+ \$10 transportation fee Depart: 8/8:30am

Return time varies

Monday	Course	Green Fee
April 25	Meadow Park, Lakewood	\$18
May 9	Lake Spanaway	\$17
May 23	Tahoma Valley, Yelm	\$14

**Horticulture Outings - Spring 2016**

Explore lush and varied Northwest gardens and nurseries.

The \$10 transportation fee does not reflect a no host lunch or garden admission fee.

Age 50 +

\$10 Transportation fee

**FRIDAYS TIME DESTINATION/DETAILS**

April 8 9:30am Portland Avenue & Vassey Nurseries

Tacoma. Lunch at Charlie's

April 22 9:30am Lake WA Technical College Plant Sale, Everett. Brown Bag lunch

May 13 10am Rhododendron Species Botanical Garden, Federal Way, \$5 admission. Lunch at Jimmy Mac's

May 20 9am Cottage Garden, Lake Forest Park, Seattle. \$5 admission. Brown Bag lunch

**BLUEPRINT FOR LIVING WORKSHOPS**

A series of workshops and presentations designed to enhance your independence. Presentations are Free unless otherwise noted.

**How to Stay Connected Through Better Hearing**

Audiologist Eileen Freed will be joining us for an overview of how hearing works, treatments for hearing problems and a discussion of the latest technology. She will be available before and after the program to provide complimentary hearing screening or hearing aid cleaning as time allows, and by per-scheduled appointments only—please call 206-878-1642 prior to the workshop for your appointment.

Age 50+ Free  
 Tu March 8 10:30am DMAC

**Creating an Effective Care Plan**

Choose to be proactive and design a care management plan for yourself and/or family members before it is needed. Gain peace of mind knowing that reference materials and resources are gathered in one place for your emergency contacts to access and implement on your behalf, addressing the critical and important information needed in medical emergencies.

Instructor: Sheila Goodfellow, CSA, Comfort Keepers

Age 50+ Free  
 Tu April 26 10:30am DMAC

**AARP Smart Drivers**

*Smart Driver* focuses on making drivers aware of how to be safer on today's streets and highways by being aware of good habits and the little bad habits that manage to creep into driving habits. Remember: State law requires you receive a discount on auto insurance when you submit your certification. Pay first day of class. **MUST** call to register in advance.

Age 50+ \$15 AARP member/\$20 AARP non-member  
 Plus an appreciated \$2 donation to the senior center

Tu/Wed, February 16-17 10am-2:30pm  
 DMAC

Tu/Wed, April 19 & 20 10am-2:30pm  
 DMAC



Monday	Wii Activities	10am—1:30 pm
Monday	Hand & Foot Cards	1-4 pm
Tuesday	Wii Activities	10am—1:30 pm
Tuesday	Mexican Train Dominos	1-4 pm
Wednesday	Artists "R" Us	9—11:30 am
Wednesday	Wii Activities	10am—1:30 pm
Wednesday	Adult Coloring Club	9am-11:30am
Wednesday	American Mah Jongg	12:30-3 pm
Fridays	Pinochle	1-4 pm
Fridays	Duplicate Bridge**	10am-2:30 pm
Fridays	Hand & Foot Cards	1—4 pm

**\*\*Pre-registration Required, call 206.878-1642**

**Transit Training**

Learn the ins and outs of public transit; how to ride, time management, bus stop information, paying for public transit options, ORCA cards and how to use them and transit safety. Participants are eligible to go on the instructional transit held trip to a special destination paid for by METRO.

Tu Feb 23 10-11:30am DMAC Free

**Public Transit Field Trip**

**ONLY** for participants who attended the Transit Training on February 23rd. Take an escorted trip on public transit and practice what you learned in the class.

Trip date:

Tu March 1 9:30am Meet at the Activity Center

**LAW OFFICES OF****REGEIMBAL, MCDONALD & YOUNG, PLLC**

612 S. 227th Street  
 Des Moines, WA 98198

Phone: 206-212-0220

Fax: 206-408-2022

Website: [desmoineselderlaw.com](http://desmoineselderlaw.com)

**NEW! ADULT COLORING BOOK CLUB**

Remember the fun and pleasure of coloring in your favorite coloring book? Coloring is BACK in a BIG way and we are hosting an **Adult Coloring Book Club** as part of our Artists R Us program on Wednesdays from 9-11:30am

**BEGINNING WEDNESDAY, JANUARY 13**

Bring your coloring book and colored pencils/crayons, or a coloring page & colors will be provided for you.

**\$1 donation**

Eases Stress.... A Chance to Unplug....Relaxing....Enjoyable



C

**Stafford**  
HEALTHCARE

**THANK YOU  
STAFFORD HEALTHCARE  
FOR OUR SPECIAL  
MEAL  
DOOR PRIZES!**

**Special Meals For Special Times!**

**Suggested donation \$3/adults age 60+ \$6**

**New Year's Eve Pajama Party Thursday, January 31**

Breakfast for lunch and in your slippers and pajamas!

**Valentine's Day Thursday, February 11**

Red hearts, sweethearts and more!

**St Patrick's Day Thursday, March 17**

The traditional meal of cornbeef & cabbage, of course!

**Earth Day Walk April 22, 2015**

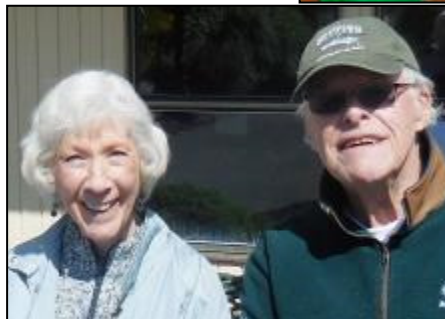
We celebrate spring and Earth Day with 3 distance walks around the center....you choose!

**Mothers Day Wednesday, May 5**

What's your favorite MOM story? Share with us at this special meal.



*We Embrace  
Holiday Magic!*







DES MOINES  
ACTIVITY CENTER  
2045 S. 216th  
PO BOX 98576  
DES MOINES, WA 98198

# Trip Out With Us!



Dreaming About  
Albuquerque Balloon Fiesta Sept 29—Oct 4  
See page 7 for details

# Thank you Volunteers!

April is National Volunteer Month. We celebrate the 90+ volunteers who provide countless hours of service to our center! Volunteers are the heartbeat of the Des Moines/Normandy Park Senior Activity Center. THANK YOU to all who give so generously of your time, energy and talent.

Nutrition Program  
Front Office  
Instructors  
Handyman

Meals on Wheels  
Data Entry  
Advisory Committees  
Distribute Flyers

HYDE Shuttle drivers  
Special Events  
Landscape Maintenance  
Volunteer Transportation

*We could not be a center without you!*